

SOUTHAMPTON MENTAL HEALTH
NETWORK

ENGAGEMENT EVENT

HEALTH, WELL-TH AND HAPPINESS IN
SOUTHAMPTON

MERCURE DOLPHIN HOTEL

SATURDAY 16TH OCTOBER 2021

INFORMATION PACK

Welcome!

Firstly, I'd like to take this opportunity to thank you for being a part of this event. It is hugely appreciated and we could not run this without your support.

As we work together to make Southampton a 'Mental Health Friendly City', we hope this day will be integral to involving the public in what we do, widening our reach and raising awareness that everyone has a mental health and will be affected at some point in their lives, whether personally or through a loved one.

The event is headed up by Frances Heather, *Creative Options*, and supported by Ling Salter, *Compassionate Cuppa*. Frances has put a lot of hard work into setting up the day and organising a varied programme for us, and Ling will be providing invaluable support, offering a listening ear on the day. Thank you, Frances and Ling, for your hard work!

We are so looking forward to seeing you on Saturday!

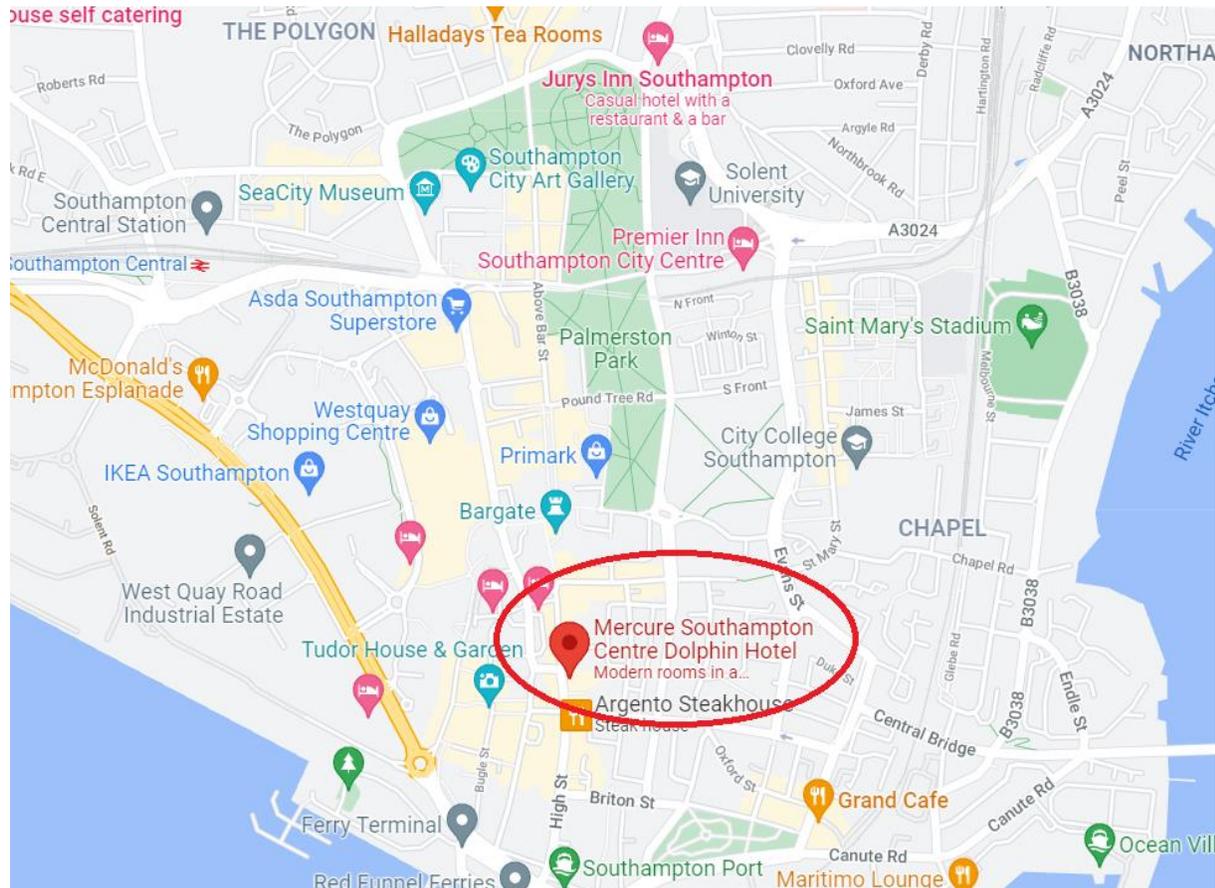
Abi

Southampton Mental Health Network Administrator

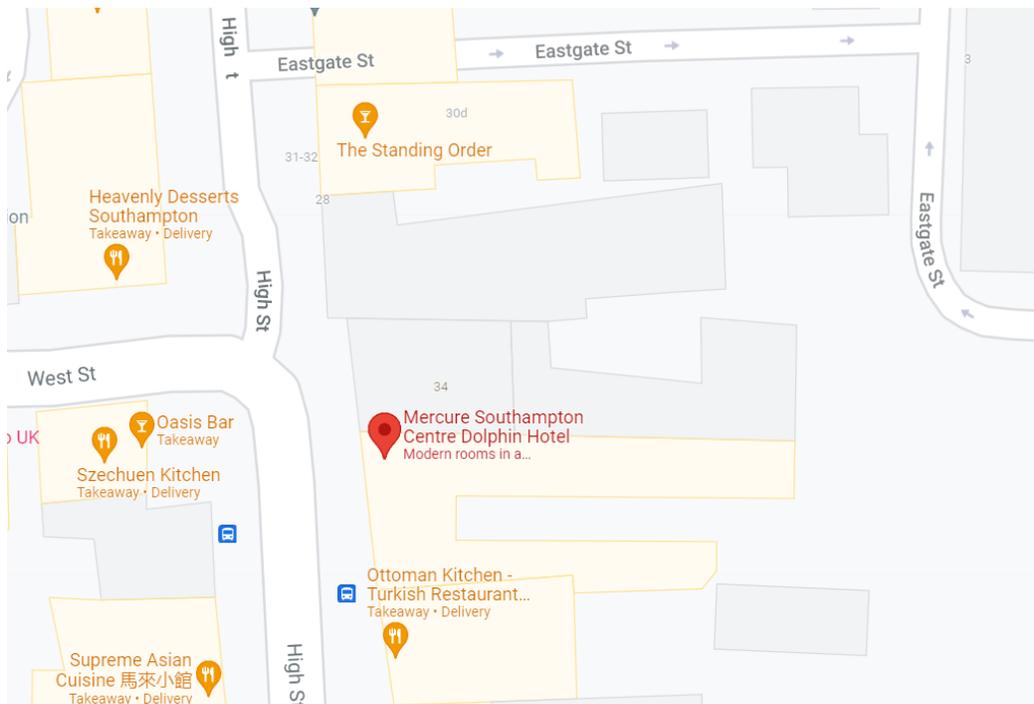
LOCATION

Mercure Southampton Centre Dolphin Hotel

34 High Street, SO14 2HN



Parking: There is parking available on site, just give your registration number to the front desk. However, we kindly ask you to consider saving parking spaces for guests who may not be able to walk far.



Nearest Bus Stop: Holyrood Church

This stop serves the following routes:

First Bus Hampshire:

Route 3 (Lordshill/Bitterne/Shirley high street)

Route 6 (Hamble)

Route 11 (Weston/Woolston)

Bluestar:

Route 17 (Lordshill/Shirley high street/Woolston)

Unilink:

Route U1 (Swaythling, Highfield, Portswood)

Route U6 (Southampton General Hospital/Winchester Road/Burgess Road/Portswood/Bevois Valley)

PROGRAMME

1pm - Guests arrive and browse stalls

1:10pm - Welcome from Annie Clewlow, *Southampton Mental Health Network*

1:15pm - Esther Ridsdale *Time To Thrive* - 'Making Southampton a Mental Health Friendly City'

1:30pm - Sarah Haskett, *Creative Mental Health* and colleague of Carolyn Barber of the *Good Mental Health Co-operative* – 'What do we mean by wellness?'

2pm - Ling Salter, *Compassionate Cuppa* – Introduction of her work and sharing what her role is for the day

2:15pm - Nicky Judd, *So-Linked* – Community navigators & SVS

2:35pm - Deborah Porter – Core art journaling – art and wellbeing – introduction of her work and invitation to her workshop.

2:40pm - Optional taster workshop 'core art journalling' or browse stalls and network

3pm - Refreshments and browsing stalls, with open mic for people to share for 5 minutes on their work; including:

Vinayi 'I am amazing' - Google space on building personal confidence - plus anyone else who would like to share (people to let us know beforehand so we can 'vet' them)

3:15pm - Touch Network – stories of personal journeys to wellbeing

3:30pm – Alison Moffitt, *Blue Sky Natural voice choir* - 'Singing for wellbeing' with reference to the impact of Covid19 on choirs and community singing – the importance of singing for community connection and wellness, alongside sharing some uplifting songs.

3:50pm – Videos:

Kim Furnish *Instar coaching* – Introduction to Positive Psychology as a path to personal wellbeing & 'project you'

Vie Porter, *Vieness* 'Connection between self-image, personal confidence and wellbeing'

4:00pm - Optional workshop – 'taster' of a mental wealth dialogue' (led by Sarah Haskett 'mental wealth dialogue' – open discussion group 'How can we make Southampton a place of wellness?')

4:45pm - Closing remarks

5pm - Event ends

STALLHOLDER'S INFO

Please arrive at 12pm to set up.

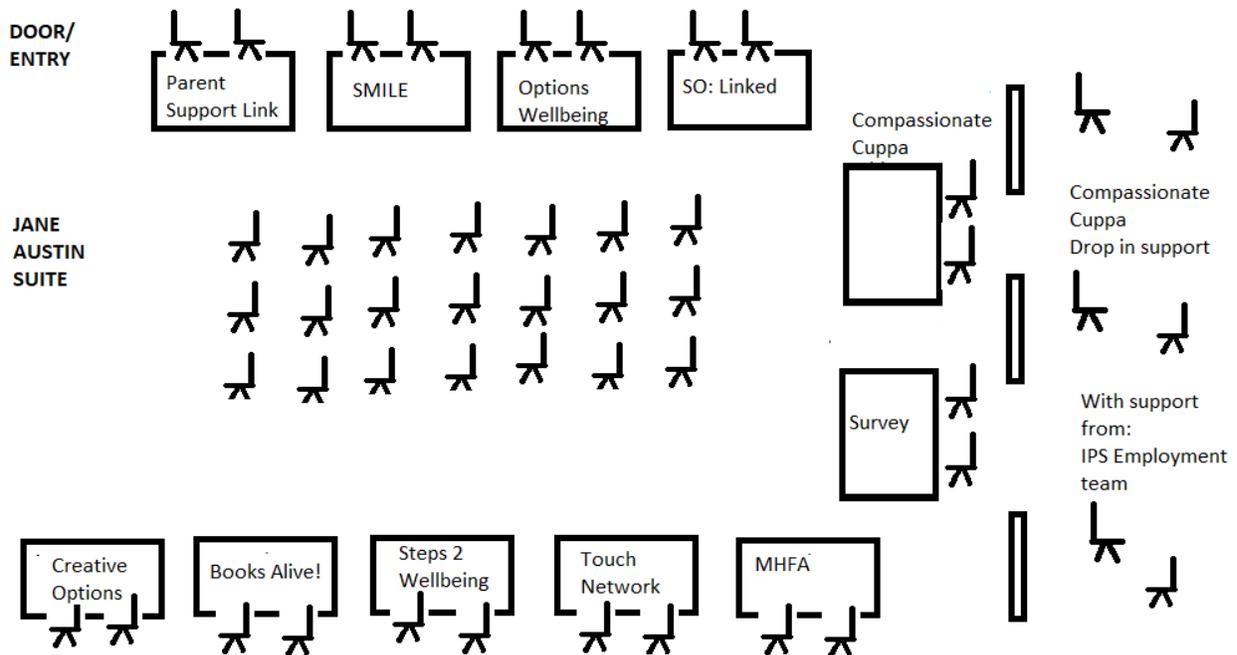
Bring any posters/flyers/merch/advertising tools - please note that this will not be a space to sell items so any merchandise will need to be given for free. A table and chairs will be provided.

Any questions, do get in touch via smhn@communicareinsouthampton.org.uk

Or on the day, contact Abi via 07857650711

SPEAKERS — If you could also arrive at 12pm, we can trial any presentation material to ensure the technology is working, and do a sound check with our microphone.

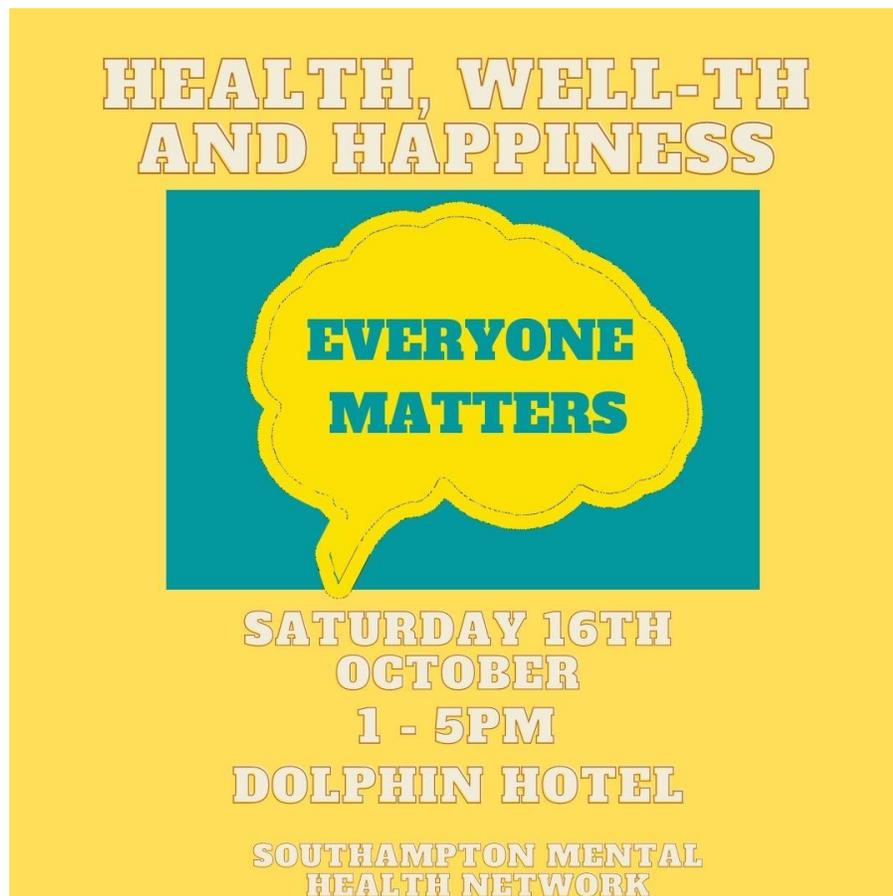
ROOM PLAN



We have an adjoining room where tea and cake will be served, alongside our optional workshops as per the programme.

FOR USE ON SOCIAL MEDIA

We'd love you to help us spread the word! Feel free to use the poster (also attached in emails) and caption below.



Following #WorldMentalHealthDay on Oct 10, we'd like you to join us at a 'Health, Well-th and Happiness in #Southampton' event on Sat, Oct 16, 1-5pm at the Dolphin Hotel. It's being coordinated by #SouthamptonMentalHealthNetwork and is open to everyone.
#EveryMindMatters

Please see the room plan and programme for organisations involved on the day, who you may wish to search and tag! Please do include the Southampton Mental Health Network too!

Media release for Southampton Mental Health Network

Residents invited to ‘Health, Well-th and Happiness in Southampton’ event

SOUTHAMPTON residents are invited to a free celebration in the city on Saturday, October 16 to help highlight, foster and enhance their ‘Health, Well-th and Happiness’ (2021).

The afternoon event at the Mercure Southampton Centre Dolphin Hotel in the High Street is being coordinated by Southampton Mental Health Network and is open to everyone.

Ling Salter, who runs Compassionate Cuppa CIC and is a member of the Network, explains: “Mental health is everyone’s business and we’re hoping people of all walks of life, ages, ethnic backgrounds and genders come along to celebrate positive mental wellbeing. The event is all about highlighting the need to take care of your emotional, as well as our physical, fitness. We’re working towards making Southampton a ‘Mental Health Friendly City’ and this event is part of the process.”

The Health, Well-th and Happiness in Southampton event, which is being led by Southampton Mental Health Network member organisation, Creative Options, includes speakers, stalls, refreshments and emotional support from Compassionate Cuppa.

Among those attending is keynote speaker Sarah Haskett from Creative Mental Health and stallholders from various charities and organisations including Parent Support Link, Options Wellbeing Trust, SoLinked and Touch Network.

Abi Mason, Southampton Mental Health Network’s Administrator, explains: “This event is for everyone – those who feel they have robust mental health, those who feel fragile and everyone in between. Having good mental health is just as important as having good physical health. They go hand-in-hand.

“Our brains are no different from any other organ or part of our body, and while we all expect to have some physical health issues in our lifetime, one in four of us are likely to have a mental health issue too. And nearly all of us are going to face something within this area related to a loved one.

“We don’t know at what point in our lives, young or old, when we may need help. Our event is designed to encourage and value everyone’s mental health.

“The recent pandemic has highlighted issues related to mental wellbeing and resilience in the face of potential health and financial worries, as well as more deep-seated poverty, loneliness and isolation.

“One of the issues we wish to raise awareness of through our event is the use of the term ‘mental health’ to describe mental ill health, as there is a clear distinction between someone who has issues with mental ill health and someone who wishes to maintain and foster good mental health.”

Southampton Mental Health Network became publicly active in 2019 and the current 150 plus members comprise of representatives from around 80 organisations.

These include the NHS, health professionals, city council departments, and other statutory service providers, through to small community groups, individuals with lived experiences, carers, and the wider public, including businesses.

The initiative is being led and coordinated by Communicare in Southampton, a good neighbours’ charity that operates across the city helping eradicate isolation and loneliness.

Supported by the Southampton City Council and Clinical Commissioning Group’s Integrated Commissioning Unit (ICU), Southampton Mental Health Network aims to bring individuals of all ages together, as well as communities, professionals, service providers, businesses and other organisations.

Southampton Mental Health Network also hopes to boost resilience and to create a movement based on improving attitudes, understanding and education with regards to mental health in the city.

“Collectively the members of Southampton Mental Health Network are all working closely together, sharing accurate information, ideas and resources and looking at ways of influencing outcomes, opinions, actions, attitudes, understanding and the words we use.

“We also want to find out what gaps there are in services, where there might be overlaps, the places in the city where people feel welcome and safe and identify why these places make them feel like this, so more may be created.”

The Health, Well-th and Happiness in Southampton event will be held at the Mercure Southampton Centre Dolphin Hotel on Saturday, October 16 from 1pm until 5pm.

To find out more about the afternoon or to join Southampton Mental Health Network and for further information, please visit <https://communicareinsouthampton.org.uk/mental-health-network/> or call 023 8250 0050. Membership is free and open to any individual or organisation wishing to become involved.

ENDS

For further media details or interviews, please contact Southampton Mental Health Network on 07857650711 or email smhn@communicareinsouthampton.org.uk, alternatively, please contact Porcupine PR on 01278 446801 or email Rachel@porcupinepr.co.uk.



Photograph caption one: Abi Mason, Southampton Mental Health Network's Administrator.



Photograph caption two: Southampton Mental Health Network member, Ling Salter from Compassionate Cuppa CIC.

Notes to editors:

Southampton Mental Health Network aims to consider ways in which common policies, procedures, risk assessments and other tools for good practice may be developed and adopted. It hopes to encourage and support organisations in their provision of services for people who have issues with mental ill health too.

It also wishes to improve communication between organisations and individuals who are working towards good mental health in the city and to develop a resource team for advice, support and encouragement to community groups seeking to become more mental health friendly.

Lastly, it aims to support, advise and encourage new initiatives, sharing with them the knowledge and experience of the more established organisations involved.